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LONDON metro

\$43,000,000
estimated



**Wednesday's
Jackpot**

SHE'S ON A MARS MISSION

THE CREATOR OF VERONICA MARS CLUES METRO IN ON THE UPCOMING MOVIE BASED ON THE CULT TV FAVOURITE. AND YES, KRISTEN BELL RETURNS AS VERONICA

PAGE 8



Bright lights, medium city

Coun. Dale Henderson launches the London Film Association with the aim of promoting local filmmaking

PAGE 3

The power of positive pinking

Metro guest columnist Rick Mercer tells why he'll be wearing pink Wednesday to put an end to bullying

PAGE 7



Rec groups could face rising fees

Community leagues under gun. London Majors already facing increase; bill could go higher in 2015



JOHN MATISZ
john.matisz@metronews.ca

Groups ranging from skating clubs to soccer leagues could face steeper rental fees for city recreational facilities over the next two years.

Scott Stafford, London's parks and community sports manager, said officials will start meeting with groups this week to talk about hiking fees for 2015. The increases would be the first in a decade.

At least one group is concerned about the proposal. Scott Dart, co-owner of the London Majors baseball team, is hoping to join with others

On the agenda

- Scott Stafford, London's parks and community sports manager, said talks about raising rental fees for city-owned recreation facilities will start on Wednesday with groups that use ice arenas.
- City officials will meet with groups that rent recreational fields later this month, Stafford said.

who use Labatt Memorial Park — such as Western University's varsity baseball team and a host of minor baseball organizations — to send the city a message.

"I think if we can create a unified voice and talk to city council, that's going to be where our biggest opportunity is (to make an impact) in the decision-making," he said

on Monday.

The Majors are already under the financial gun. A two-year lease set to take effect this month would see the team pay \$8,700 a year for use of Labatt Park — a 20 per cent increase from the past, Dart said. The agreement is up for city-council approval on April 16.

Dart, who has co-owned the team since 2004 with head coach Roop Chanderdat, said that contract is "manageable." The big concern is what will happen after that. The Majors could be forced to pay \$20,000 a year in 2015, Dart said.

The worst-case scenario is that the Intercounty Baseball League club could fold.

In the meantime, the Majors are discussing a new business plan and flirting with the idea of applying to become a non-profit organization. In that case, a board of directors would likely run the team rather than two owners, Dart said.



IT'S GONNA BE SWEET!

Hutton House instructor Eunice Bretherton shows off a painting on Monday titled Candy Collage by Elizabeth Claire Dyet. Dyet's work, along with art by other people with disabilities, will be on sale during ARTworks, which opens on Tuesday and continues through April 19. Show hours are 10 a.m. to 4 p.m. at 654 Wonderland Rd. N. An opening reception is planned for 5:30 p.m. on Tuesday. JOHN MATISZ/METRO



SEE **PEARL JAM** AT
WRIGLEY FIELD IN CHICAGO
TEN WAYS TO QUALIFY... FIND OUT HOW AT 981FREEFM.CA

Wanted man arrested

Home stormed. Police later capture Londoner



ANGELA MULLINS
angela.mullins@metronews.ca

A London man wanted on charges including forcible confinement and uttering death threats was arrested late Monday — about a block away from the apartment where police thought he was barricaded earlier in the day.

Carl James Smith, 52, was taken into custody “without incident” about 8 p.m. at a residence on Lyman Street, police said. He had been considered armed and dangerous.

Officers donning helmets and shields spent about eight hours searching the neighbourhood Monday morning and afternoon.

They arrived at the McNay Street apartment where Smith is believed to live about 6 a.m.

Dave Bedard, 46, the suspect’s next-door neighbour, said his roommate called police after hearing a woman “scream for her life.”

The charges

Carl James Smith, 52, is charged with:

- Forcible confinement, uttering death threats, and assault.

“It was a surprise,” Bedard said about waking up to find police officers standing on his front porch.

Officers attempted to make contact with Smith, who was believed to be holed up in his apartment with access to firearms. The police department’s special-response team arrived a short time later, using a truck with a mounted battering ram to break a window.

Crashing glass and an explosion from what police called a “distraction device” rang out as some residents stopped to watch. When police entered, the apartment was empty. It’s unclear if Smith left before or after police arrived.

Smith moved into the northeast London neighbourhood last fall, renting



Members of the London police department’s special-response team make their way toward the window of a second-floor McNay Street apartment on Monday as they look for a man wanted on multiple charges. The man was believed to have been barricaded in the apartment, police said. **ANGELA MULLINS/METRO**

an apartment over a variety store near Rabb Street, Be-

dard said.

He lives there with his girl-

friend and a child, the neighbour said.

Mental health patients to receive additional help transitioning into community



Dr. Cheryl Forchuk, left, assistant director at Lawson Health Research Institute, Deborrah Sherman, executive director of the Ontario Peer Development Initiative, Dr. David Hill, scientific director at Lawson and Karen Michell from the Council of Academic Hospitals, are pictured Monday. **MARK SPOWART/FOR METRO**

Local researchers are leading the way in a provincewide program aimed at easing the transition from hospital to community for mental health patients.

Representatives from nine hospitals are being trained in London this week on what’s considered a “warm hand-off” of patients from medical professionals to volunteer “peer supporters.”

“Many mental health patients find transitioning from the hospital into the community to be a lonely, scary, experience and they need a friend,” said Dr. Cheryl Forchuk, an assistant director and researcher at London’s

Lawson Health Research Institute. “They need someone who has walked that same walk, they need to see that person who has made it successfully.”

The health-care model is being rolled out after Lawson researchers found having peers reduced a client’s inpatient stay by an average of 116 days. That means more beds are freed up and hospitals save money, officials say.

Peers involved in the program are those who “have had a mental-health issue, (are) in recovery or (have) recovered,” said Deborrah Sherman, executive director of the Ontario Peer Development Initiative.

At a glance

- Hospitals participating in what’s dubbed the “transitional discharge model” for mental health patients will collect data as part of a two-year trial.
- The data includes how long patients involved in the program stay in the hospital along with how often they are readmitted.
- Clients will be interviewed at and after discharge to see how they are progressing.

While the new discharge protocol will be offered to all patients, it will include an assessment to determine if they already have peer support or an existing relationship with a community-care provider.

The community-care providers working with local hospitals are: CanVoice at St. Joseph’s Health Care, and Connect for Mental Health at London Health Sciences Centre. **MARK SPOWART/FOR METRO**

Call 1-800-222-TIPS

Tips sought in hit and run

Police are appealing for information about a Dodge Ram pickup that hit a tree Saturday evening on Milestone Road. The truck went off the street and damaged three lawns, along with the tree. A tow truck likely was needed to remove the vehicle from the scene, police said. **METRO**

Water danger

Authority warns of flood risk

The Upper Thames River Conservation Authority is monitoring watersheds for potential flooding this week with forecasts calling for between 70 and 100 millimetres of rain through Friday. Children and pets should be kept away from water and frozen ponds and streams. **METRO**

Buffy Sainte-Marie

Aeolian welcomes iconic performer

Singer-songwriter Buffy Sainte-Marie will return to Aeolian Hall (795 Dundas St.) on Oct. 1. Sainte-Marie has been performing since breaking into New York’s Greenwich Village folk scene in early 1960s. Tickets are \$50 in advance; \$55 at the door. Visit aeolian-hall.ca for details. **METRO**

Trivia competition

Neuroscience a no-brainer for girl

A Grade 10 student from Clarke Road Secondary School has earned a chance to prove she’s the brainiest student in Canada. Melanie Colvin won the London Brain Bee on Saturday, earning a trip to CIHR Canadian National Brain Bee May 31 and June 1 at McMaster University. **METRO**

Picture nature

Great outdoors focus of series

Photographer and nature enthusiast Terry Needham will give tips on prepping outdoor photo adventures from 7 to 8 p.m. Wednesday at the Masonville library (30 North Centre Rd.) The talk is part of a series honing in on outdoor activities. All events are free. **METRO**



London city Coun. Dale Henderson is pictured in a screenshot from his YouTube channel, Dale TV. Henderson, partly inspired by his video work on the channel, is launching a new initiative to promote local filmmaking talent. METRO

Hollywood potential shines bright in London: Henderson

Lights, camera, action!
Councillor launching business group to help local film, media producers cash in

London city Coun. Dale Henderson seems to have taken a bit of a liking to lights and cameras.

Fresh off the heels of his debut on Dale TV, Henderson is launching the London Film Association, a grassroots group that will promote the local filmmaking community.

"There is a bunch of film talent in this town," Henderson said. "We have people working in the film industry, we have music composers, video, audio professionals as well as people who do video

To get involved

The first meeting of the London Film Association will be at 4:30 p.m. Thursday at the Dancing Greek Taverna/Huron House restaurant (1345 Huron St.).

gaming. We need to get them talking to each other."

The grassroots organization is getting off the ground without funding. There was a similar group in London 10 to 15 years ago known as the London Film and Media Association, Henderson noted.

Henderson sees possibility for the group to have wide-reaching effects.

For young or new filmmakers, the most significant impact will be the opportu-

ity to meet other people in the same profession, perhaps find a mentor or make a significant contact that could help land a job or financing for a project, Henderson said.

Established filmmakers will be able to provide contacts and networking opportunities, he said.

As filmmakers look for alternatives to shooting in Toronto, the Forest City — and the industry professionals — could stand to cash in, he said.

"We have new buildings, we have old buildings, we are close to farms, we have high-rises and access to Western University, so (filmmakers) can choose where they want to shoot," he said. "We want to have a list ready of local talent that can help them do the job once they are here."

MARK SPOWART/FOR METRO

Local festivals get cash infusion

A trio of London festivals are getting a financial boost from the government with summer right around the corner.

Rock the Park, the Play On! road-hockey competition, and the SUNsational Soul and Afrofunk Experience show are among the 200-plus festivals and events receiving grants this year from Celebrate Ontario.

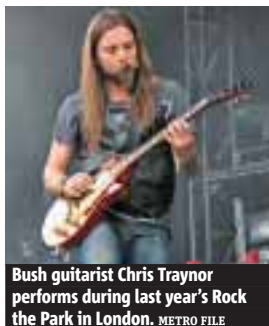
Jones Entertainment Group, the organizers behind Rock the Park, has applied

for the grant four times. This marks the first success, with \$350,000 coming the group's way, president Brad Jones said.

"We applied for that grant because our talent budget has almost doubled this year from years past," he said. "That's (what) 95 per cent of the grant is going towards."

Play On! and SUNsational are getting \$75,000 each.

JOHN MATISZ/METRO, WITH FILES FROM DAVE DE VRIES/FOR METRO



Bush guitarist Chris Traynor performs during last year's Rock the Park in London. METRO FILE

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Canada remembers Iron Lady

Dead at 87. Political patrons and opponents reflect on Britain's polarizing PM Margaret Thatcher

A giant, an inspiration and an Iron Lady who rejuvenated conservative politics: that's how Margaret Thatcher was remembered Monday by Canadian politicians as they weighed in on the death of an influential British leader.

"I think if you look at the sweep of her life, what she did — not just in Britain, but what she did on the world stage — really laid the groundwork for the freedom and the prosperity and opportunity that so many people around the world enjoy today," Prime Minister Stephen Harper told a news conference.

In an earlier written statement, Harper described Thatcher, who died Monday of a stroke at age 87, as having had "that rarest of abilities to herself personify and define

Reaction

"As a politician I respected her. She was fighter. I respect that a lot."

Former prime minister Jean Chrétien

the age in which she served."

Liberal Bob Rae, while disowning Thatcher's politics, echoed that sentiment.

"Mrs. Thatcher served as British prime minister for more than a decade and in many ways defined conservative politics of her time," Rae said.

While the Conservative leader was the odd woman out on the right in the international scene when she came to power in 1979, she was soon joined by ideological cousins, including Ronald Reagan in Washington and Brian Mulroney in Ottawa.

"Like every great leader, with strong convictions and a bold vision, she made enemies. ... But in a series of visits to Canada she won many friends here," said Mulroney.

THE CANADIAN PRESS

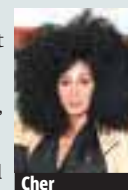


Margaret Thatcher and Pierre Trudeau are shown in Australia in this Oct. 4, 1981, photo. The first female British prime minister, who suffered from dementia in her final years, died of a stroke on Monday. THE CANADIAN PRESS FILE

Twitter

That-cher hashtag stirs singer's fans

A confusing hashtag sent some Cher fans into a twitter tizzy, thinking the iconic pop star had died.



In fact, #nowthatchersdead refers to the death of the U.K.'s first and only female prime minister, who died Monday at the age of 87. Thatcher, who served as prime minister from 1979 to 1990, died after a lengthy illness.

But social media users clearly read the hashtag the wrong way, thinking it meant "now that Cher's dead."

TORSTAR NEWS SERVICE

5 THINGS TO KNOW ABOUT MAGGIE

TEXT: METRO WORLD NEWS IN LONDON
PHOTOS: THE ASSOCIATED PRESS/GETTY IMAGES

Maggie clad in iron

She wasn't called The Iron Lady for nothing. Shaped by a hard-line political and economic stance, Thatcher shut down national coal mines, slashed social spending, refused to recognize Northern Irish political prisoners and introduced a "poll tax."



Britain's first and only female PM

Thatcher, when elected in 1979, became Britain's first and so far only female prime minister, and the West's first female head of government. Her political dominance and leadership helped her in three consecutive terms, and inspired women worldwide to break the glass ceiling of male-dominated politics. She is also credited with contributing to the demise of the Communist bloc.

Queen of the '80s

With her fondness for the private sector, deregulation and big missiles, Maggie embodied the zeitgeist of the 1980s and she was loved for it. The 1982 Falklands War boosted her popularity, while she and Ronald Reagan formed a formidable power couple.



No sleep, no problem for one of the 'Sleepless Elite'

The tireless Thatcher famously said while in power she could get by on just four hours a night. She joins the genetically blessed "Sleepless Elite," a band of top historical figures and leaders (including Napoleon, Da Vinci, Churchill and Florence Nightingale) who needed five hours or less of shut-eye.

'Power dressing' personified

Her sense of style was as powerful as her politics. Sporting a helmet of deep strawberry hair, broad Royal blue skirt suits, and the famous handbag, Thatcher pioneered the "I'm shoulder to shoulder with men" look.



North Korea. Pyongyang suspends operations at North-South factory

North Korea said Monday it will suspend operations at a factory complex it has jointly run with South Korea, pulling out more than 53,000 North Korean workers and moving closer to severing its last economic link with its rival as tensions escalate.

The Kaesong industrial complex just north of the Demilitarized Zone is the biggest employer in North Korea's third-largest city. Shutting it

would show the country is willing to hurt its own economy.

Pyongyang's move follows weeks of threatening rhetoric aimed at Seoul and its U.S. ally following U.N. sanctions punishing the North for its third nuclear test, on Feb. 12. In recent days there have also been worries in Seoul of an even larger provocation from Pyongyang, including another possible nuclear test or rocket launch. THE ASSOCIATED PRESS

Poland. Thousands of Jewish youths march to honour Holocaust victims

Thousands of young people from Israel and other countries marched in silence Monday at Auschwitz-Birkenau, the former Nazi death camp in Poland, to pay homage to six million Jews killed during the Holocaust.

Frank Lowy of Australia, a Holocaust survivor whose father died in the camp, joined the youths as they walked between the two main sections of the complex, Auschwitz



Youths march to honour the dead. ALIK KEPICZ/THE ASSOCIATED PRESS

and Birkenau. THE ASSOCIATED PRESS

Ireland. Inquest opens into death of Indian woman denied abortion

The widower of an Indian woman who died in an Irish hospital after being denied an abortion has told a coroner's inquest that a doctor denied her a termination on the grounds that "Ireland is a Catholic country."

Praveen Halappanavar made a lengthy statement Monday at the start of an investigation into why his 31-year-old wife, Savita, died at University Galway Hospital last October.

The hospital has already apologized. The inquest seeks to determine whether Halappanavar died because her miscarried fetus was not aborted despite severe pain.

She died from blood poisoning and organ failure four days after the fetus' heartbeat stopped and its remains were removed.

Abortion remains outlawed in Ireland except in life-threatening cases. THE ASSOCIATED PRESS

Girls plead not guilty to pimping other girls

Trafficking. Three teens accused of running child prostitution ring with threats, violence



JESSICA SMITH
Metro in Ottawa

The youngest victim of a prostitution trafficking ring, then 13, believed she was heading to a sleepover with girls, not much older than herself, who she'd met online — but instead she was drugged, stripped, photographed and pimped out, the Crown alleges.

Crown lawyers began arguing their case Monday against three teenage girls, two aged 15 and one 16 when they allegedly ran a prostitution ring in Ottawa last year.

All three pleaded not guilty to 36 charges, including human trafficking, forcible confinement, assault, robbery and uttering threats.

They are the first minors in Canada to be charged with human trafficking.

Two of the defendants, who are facing more charges than the third, are also charged with three counts of making child pornography for allegedly taking photos of the victims and sending them to johns, as well as kidnapping, invitation to sexual touching and sexual assault.

The Youth Criminal Justice Act prevents the identification of the accused and their alleged victims.

Crown lawyers Julien Lande and Fara Rupert said their case will be built on the testimony of victims; some of the pimps; witnesses whom the girls talked to; as well as Facebook conversations, tweets and photos taken from the phone of one of the accused.

The Crown believes the accused befriended other girls, invited them to social events and then, through threats and violence, forced them to co-

operate with their plans.

According to the Crown, four girls, three of them under the age of 18, were forced to perform sex acts, including oral and vaginal sex. Two other girls were beaten, stripped and photographed, the Crown alleges.

Into their world

The first witness, Det. Carolyn Botting, offered a glimpse into accused girls' world when she described the graffiti officers found when they searched one of their bedrooms.

- **Graffiti.** All over the walls were rap-inspired nicknames, declarations of love and scattered phrases, including "Sex is like chocolate," "We say FK the police in my house," "Money make me come" and "Jiiizzzz" — slang for ejaculate.



Magnotta hearing in final week

Daran Lin, father of victim Jun Lin, leaves the court Monday as the preliminary hearing of Luka Rocco Magnotta enters its final week in Montreal. Magnotta sat impassively as a friend of Jun Lin answered questions from Crown and defence lawyers. RYAN REMIOWZ/THE CANADIAN PRESS

Alysen 28

Birth-control pills recalled for fear of extra placebos

The maker of the birth-control pill Alysen 28 has issued an urgent recall after it was discovered that one lot of the contraceptive may have been incorrectly packaged with only two weeks of drug-containing tablets instead of three.

Women taking the incorrectly packaged pill would not receive the proper amount of contraceptive, raising the possibility of an unplanned pregnancy.

In a recall notice distributed by Health Canada, Apotex Inc. said the product's 28-day blister packs should include 21 active birth-control pills plus seven placebo tablets that contain no drug.

Apotex said blister packs in the affected lot — LF01899A — may instead contain 14 placebo pills and 14 active contraceptive tablets.

THE CANADIAN PRESS



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Federal policy enabled RBC outsourcing mess, immigration expert says

Foreign workers.

Firms are responding to incentives Ottawa created, lawyer notes

Observers say the controversy over the Royal Bank of Canada's decision to outsource dozens of Toronto jobs is part of an alarming trend bolstered by government policy.

Immigration law expert Audrey Macklin says the government encourages companies to employ temporary foreign workers either directly or indirectly by processing their immigration documents faster and by allowing companies to pay those workers up to 15 per cent less than Canadians. She says a company like RBC is sim-

ply responding to incentives the government has created.

Human Resources minister Diane Finley has said the Temporary Foreign Worker Program is only to fill "acute labour needs" when Canadians aren't available for the work required.

But NDP Leader Tom Mulcair says the Conservative government has done nothing to stop a situation like RBC's, which he says is depriving Canadians of their livelihoods.

RBC has repeatedly said it did not hire foreign workers to take over the job functions of current employees, but said it used the services of outside companies to improve "operational effectiveness."

Many Canadians have expressed outrage and even threatened to close their accounts upon learning that

Contractor investigated

- The federal government is investigating iGate, the contractor being used by RBC to outsource dozens of Toronto jobs.
- A spokeswoman for Human Resources Minister Diane Finley says the investigation is based on apparent discrepancies between public statements by RBC and information previously provided to the government by iGate.

Canada's largest bank had outsourced the jobs of 45 Toronto employees to an external supplier. **THE CANADIAN PRESS**



Putin just loves those topless trade missions

A topless demonstrator with messages written on her back walks toward Russian President Vladimir Putin, left, as he tours a major trade fair in Hannover, Germany, with German Chancellor Angela Merkel on Monday. The trip underlines Russia's interest in developing foreign trade, including further business ties with Germany. Several activists stormed the Volkswagen booth to demonstrate in the politicians' presence.

JOCHEN LURBKE/DPA/THE ASSOCIATED PRESS

Nuclear accidents

Feds need higher liability limits, Greenpeace says

Newly released government documents suggest Ottawa wants nuclear operators to be on the hook for more than \$650 million in damages in case of an accident. But Greenpeace Canada says the documents also suggest Ottawa is talking only to the nuclear industry as it redefines its nuclear liability regime. **THE CANADIAN PRESS**

Employment

McDonald's to stage hiring blitz

McDonald's will hire more than 6,000 people on Thursday. Job seekers are being invited to apply in person at their local McDonald's for the 6,000 crew and 100 manager positions. Applicants may be interviewed on the spot. Those unable to apply in person can go to worksforme.ca to submit their applications.

TORSTAR NEWS SERVICE

Market Minute

DOLLAR
98.30¢ (-0.09¢)

TSX
12,344.56 (+12.71)

OIL
\$93.36 US (+66¢)

GOLD
\$1,572.50 US (-\$3.40)

Natural gas: \$4.09 US (-3¢)
Dow Jones: 14,613.48 (+48.23)

SNAP, SEND, SEE IT DISAPPEAR

"I'm not using it for sexting!" I exclaimed as I snatched my iPhone back from my friend whose eyebrows were raised disbelievingly. I had just received a slew of notifications from Snapchat and felt the need to defend my decision to download an app known for promiscuous photo exchanges.

If you're not in high school, there's about an 80 per cent chance you've never even heard of Snapchat, so allow me to fill you in. The decidedly simple app allows users to transmit photos and videos that expire after a prescribed amount of time: between one and 10 seconds. Once a message has been viewed, it disappears from the user's phone and Snapchat's own company servers. The free app is a relatively inane form of time-wasting, but it's also strangely addictive.

Creators Evan Spiegel and Bobby Murphy originally designed the app as part of a class project at Stanford University. When presenting their idea, a venture capitalist sitting in on the class



SHE SAYS
Jessica Napier
metronews.ca

told Spiegel that the app could be interesting if he made the photos permanent. The tech-loving wunderkind and his partner ignored this advice and launched the self-destructing messaging service to the public in September 2011.

Available on iPhone and Android devices, the free app currently has more active users than Instagram, but isn't without its critics. Many have dismissed it as a way for bored teenagers to exchange risqué messages without getting caught by their parents. But while it's likely that many are using the service to transmit content of the not-so-clothed variety, it's important to note that the app is gaining traction and developing a substantial user base beyond the horny coed demographic. More than 100 million images and videos are sent through Snapchat every day and the

app is generating a lot of buzz — although no actual revenue as of yet.

As we become increasingly obsessed with documenting and

cataloguing our lives on social media, I can see the appeal behind a communication tool that operates on impermanence.

While most social networking platforms are highly self-conscious — requiring users to create their own carefully-curated persona to package and present to their friends and fans — Snapchat facilitates a more spontaneous and candid form of communication.

Its growing popularity is a reactionary response to the highly-processed and everlasting content on other social media platforms. Not everything we say and do should stick around forever and it's this desire for impermanent forms of expression that Spiegel and Murphy were able to tap into. Despite the opposition, the young developers — who have since received nearly \$14 million in venture funding — knew that the disappearing nature of the messaging service would be its ultimate appeal. So even though it might be known for facilitating evidence-free sexting, the app also offers a new way for all of us to avoid being haunted by a "digital trail" and communicate in a

more uninhibited manner.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Drones used to protect rhinos



ANUPAM NATH/THE ASSOCIATED PRESS

Cameras help spot poachers in Indian national park

Wildlife authorities used drones on Monday for aerial surveillance of a sprawling natural game park in northeastern India to protect the one-horned rhinoceros from armed poachers.

Security officers conducted flights of the

unmanned aircraft over the Kaziranga National Park. The drones will be flown at regular intervals to prevent rampant poaching in the park located in the remote Indian state of Assam.

The drones are equipped with cameras and will be monitored by security guards, who find it difficult to guard the 480-square kilometre reserve. **THE ASSOCIATED PRESS**

Park has largest number of one-horned rhinos in the world

- Poachers armed with automatic rifles killed 22 rhinos last year in the park, but have killed 16 rhinos already this year.
- Rhino horn is in great demand in China and Southeast Asia, where it is believed to have medicinal properties.
- In recent weeks, wildlife authorities in Assam have deployed 300 armed guards to protect the rhinos in Kaziranga, but they have been no match for organized gangs of poachers who have been managing to strike at the rhinos with increasing regularity.

New on RMR: I'm wearing pink to protest bullying



RICK MERCER
Guest columnist
readers@metronews.ca

Tomorrow I will wear pink. Full disclosure, I don't usually wear pink, I'm a black-and-white guy and even blue jeans are a stretch. That said, I am happy to make the exception if it means stating loud and clear that bullying, discrimination, homophobia and transphobia in schools and communities across Canada must end.

We all know that bullying can be fatal.

We've heard the tragic tales of kids like Jamie Hubley and Amanda Todd who ended their lives after being subjected to bullying at school. We hate to admit it, but we know that there are more kids out there today who are suffering in silence.

The Day of Pink is an important solution to this problem not only because it helps to raise awareness but because of where the entire idea came from.

When students in Nova Scotia saw a younger student being harassed because he was wearing pink, they decided to do something. They took it upon themselves to buy every pink shirt in town and they did it on their own dime. The next day they handed these

shirts out at school. Suddenly the bullies who were making this young man's life miserable were surrounded by students in pink. They learned in no uncertain terms that the vast majority of kids were not going to accept their behaviour. Message sent. To me, the kindness, courage, compassion and creativity exhibited by this gesture is what being Canadian is all about.

Those kids stood up for someone who wasn't in a position to stand up for himself. They could not have any idea what they started. This past year, 8.1 million kids around the world wore pink on the International Day of Pink to send the same message. The Day of Pink, like the zipper, is a Canadian success story. Someone should get these kids the Order of Canada.

Kudos to Jer's Vision, an incredible organization of young people, for working so hard to make the Day of Pink an international success story. I'm proud to support them and I look to them for solutions.

They are young, I am not, and they know what's going on in Canadian schools. Thankfully, I don't. I will take their lead. They want me to wear pink? I'm in.

So please folks, wear pink tomorrow, or at the very least, throw a red sock in your white laundry tonight.

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

DVD reviews



Hyde Park on Hudson

Director: Roger Michell

Stars: Bill Murray, Laura Linney, Olivia Williams

Bill Murray makes a charming Franklin Delano Roosevelt and Laura Linney a stoic mistress Daisy in Hyde Park on Hudson, a film split between history, gossip and whimsy. But they've both got their work cut out for them with the wafer-thin screenplay, which Richard Nelson adapted from his BBC radio play of the same name. Titled for FDR's upstate New York retreat, where America's longest-serving president took refuge — and rumoured sexual liaisons — as the Second World War threatened, Roger Michell's film struggles for definition as either daffy comedy or insider's view of history. Samuel West and Olivia Colman steal scenes as visiting King George VI and wife Queen Elizabeth (the future Queen Mum), befuddled by hot dogs and emboldened by booze during their 1939 visit with FDR, but The King's Speech 2 this isn't.

Best of Warner Bros.
20 Film Collection:
Romance

Continuing its 90th anniversary celebration with a romance-themed boxed set, Warner Bros. also showcases the strong women who have enlivened the studio's classics. This collection spans decades, continents and temperaments: from the spiky southern belles of Jezebel — Gone With the Wind, Annie Get Your Gun, Cat on a Hot Tin Roof and Splendor in the Grass — to the northerly tempests of The Philadelphia Story, Now, Voyager, A Streetcar Named Desire and Rebel Without a Cause; to the foreign femmes and intrigues of Casablanca, Mrs. Miniver and Doctor Zhivago; to the modern women and wiles of A Touch of Class, The Goodbye Girl, The Bodyguard, You've Got Mail and Two Weeks Notice.

PETER HOWELL



Rob Thomas and Kristen Bell are getting to work on the new Veronica Mars movie. GETTY IMAGES

How to shoot for Mars with \$2 million

Kickstart cred. Veronica Mars creator Rob Thomas lets Metro in on some of the details about the upcoming fan-funded film

MICHELLE CASTILLO
Metro World News in New York

Rob Thomas gave Metro World News some details about the upcoming Veronica Mars movie — which is scheduled for release in 2014 — and details about how the project came to be.

The initial goal of \$2 million seems small for a movie. Would it even be possible to make a Veronica Mars film with that budget?

When Kristen and I went into it, we sort of agreed that we would make the, she called it the “No fancy trailers” budget. She and her husband had just done that movie, Hit and Run, and I think they made it for

around \$2 million.

So that was part of the ethos of it.

Who is returning (besides Bell and Dohring)? Aren't they a little too old for high school or even college?

We're in negotiations with the other cast members, and I've spoken to all the other cast members. Absolutely people want to do it, and I'm building it around the 10-year high school reunion, so I'm planning on using the bulk of them but deals still have to be made.

(Kristen) is 28 as we pick up the movie. She has just got out of law school at Columbia and starting to interview for jobs in New York law firms.

Why do you think fans have responded to Veronica Mars so much?

The key to achieving the cult status is being able to hang on for a while. The fact that we started on UPN, and we were allowed to survive some not terrific numbers for a while was part of the equation because having done ABC, we'd only have

been on for two episodes and we would never have been allowed to grow into a cult status.

Seinfeld started out with an order of six on a death night, and they allowed that to build. It went beyond cult status. I think being somewhere where no one noticed, where you weren't expected to do good numbers or great numbers was key, and I think the character herself, Veronica, was a great fit for UPN.

When I first went in there to have a meeting, they told me the direction they wanted to take the network. They said, “We think we're going to skew young and female, and we're looking for female empowerment shows.”

I had written Veronica Mars a year before on spec. I had just written it for myself because it was an idea I was inspired by. I told them, “Well, I have a script in a drawer at home about a very empowered teenage girl.”

I taught high school, in particular I taught freshman English. I was the adviser of the yearbook. I hung out with a lot of teenage girls.

I had a lot of teenage girls' voices in my head. As a yearbook adviser, that's primarily who you're there after school with on worknights with. I think girls at that age are some of the most self-conscious people on the planet.

One of the things I thought about Veronica Mars is that if she had some superhero power it's that she's beyond self-consciousness — that her life had taken her down such a rocky road, and she'd come out the other side and it was a pretty tough girl. She could say those things that I think teenage girls often wished they could say or (were) bold enough to say in a make no apologies sort of way, and I think that connected with a UPN audience.

What about your other series Party Down? Will you be trying Kickstarter with that?

We're down a path with that. We hope that will become a movie as well. We're not going the Kickstarter route. We're writing a script for an independent production company that we really respect. We hope for good news on that in the next year or so.



Lindsay Lohan ALL PHOTOS: GETTY IMAGES

Fest a 'recipe for disaster' for Lohan: Friend

Lindsay Lohan infamously scheduled her upcoming 90-day rehab stint to start next month so that she can hit up the Coachella music festival starting this weekend, but at least one friend thinks she should skip it.

"I fear for her life if she goes to the festival," Danish promoter Claus Hjelmbak tells Radar Online. "Lindsay is in a very dark place right now, and I'm absolutely scared for her life. Coachella

is the last place she needs to be. For someone struggling with addiction, like Lindsay, the amount of drugs and alcohol at Coachella is just a recipe for disaster waiting to happen."

The music festival takes place over two weekends in the desert near Palm Springs, with a packed schedule of famous bands set to perform, including the Red Hot Chili Peppers, Moby and the Airborne Toxic Event.



Drew Barrymore

Barrymore is fine with not having it all

Drew Barrymore is learning a lot now that she's a mom. "I know it seems like I do everything, but there's so much I had to give up. Things have to go and that's unfortunate," she tells Us Weekly. "You know that you're going to miss out on your child's upbringing or you realize that your

relationship is going to suffer if you work night and day and weekends. Unfortunately, I was raised in this, like, generation of like, 'Women can have it all,' and I don't think you can. I think some things fall off the table. The good news is, what does stay on the table becomes much more important."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Jay-Z and Beyoncé in hot water over their Havana nights



THE WORD
Dorothy Robinson
scene@metronews.ca

Jay-Z and Beyoncé Knowles may be in trouble for their lavish fifth wedding anniversary trip to Cuba last week, as it's raising eyebrows with a few Florida politicians, according to Reuters. "Despite the clear prohibition against tourism in Cuba (for U.S. citizens), numerous press reports

described the couple's trip as tourism, and the Castro regime touted it as such in its propaganda," Florida Representatives Ileana Ros-Lehtinen and Mara Diaz-Balart say in a letter to the director of the Office of Foreign Assets Control. "We represent a community of many who have been deeply and personally harmed by the Castro regime's atrocities, including former political prisoners and families of murdered innocents."

A rep for Jay-Z and Beyoncé was unavailable for comment.

There is no word on how Jay-Z and Beyoncé were allowed to enter the country (travel for American citizens is very strict). My working theory? They are secretly Canadian.



Amanda Bynes

Bynes is twirling out of control in New York

Amanda Bynes' recent campaign of bizarre behaviour during her stay in New York is continuing unabated, with the former Nickelodeon star reportedly shocking attendees at a gymnastic class by showing up "in fishnets and a leotard that looked like lingerie," according to Page Six. "She immediately started

acting strangely," a source says. "She lined up with the other gymnasts, and each took their turn to perform a roll. But Amanda just walked out on the mat, was spinning around in circles and mumbling to herself." Later, the source adds, Bynes "did a cartwheel, but her wig fell off, and she sat down and cried."



Adam Lambert

Lambert splits from Finnish boyfriend

American Idol vet Adam Lambert is single again, having split up with boyfriend and Finnish Big Brother winner Sauli Koskinen, Lambert tells the South Florida Gay News. "It's been kind of on its way out in the last couple of months,"

Lambert says. "Sauli and I remain really good friends, and I know it's a cliché to say, but it's totally true. I just gave him a coffee and bagel earlier today. He's a great person and we've had an amazing couple of years together. Things have just run their course."

Twitter



@ElizabethBanks

RIP Margaret Thatcher. A role model for women & young girls across the world. Also, my high school Halloween costume.



@samantharonson

Regardless of her politics — I grew up believing that I could be anything I wanted to be, even Prime Minister — lucky 4 you all I didn't.



@pattonoswalt

"Karen Silkwood, Julia Child, and now Margaret Thatcher. The Strep Curse, man" — world's dumbest conspiracy theorist

How Beyoncé bid bye bye to her baby Blue weight

Fitness. Squats, shakes and nerves of steel — we look back on how the bootylicious singer got back into shape after giving birth to her daughter

ROMINA
MCGUINNESS
life@metronews.ca

We find out how she was sure to squeeze into her (super tight) stage clothes so quickly.

Pack it on, get it off

Beyoncé gained a total of 57 pounds throughout her pregnancy.

But with her first show scheduled just three short months after having her baby, she had to lose it all — and fast.

At the time, she was quoted as saying, “I’m definitely softer, but I feel my body bouncing back.”

It did.

And it probably wasn’t much fun.

“Y’all have no idea how hard I worked! I had to lose 60 pounds. They had me on

that treadmill. I ate lettuce!” she confessed to her fans.

But her trainer, Marco Borges, explained how her slimmed-down frame was simply the result of proper nutrition, regular workouts and breastfeeding.

One year on, she’s maintained a stable weight.

Proper nutrition — eat lean, eat green and stick to your plan

After initially shedding the extra pounds by sticking to a diet of vegetables, fruit, nuts, seeds, grains and clean proteins, Life & Style reported that in order to make sure the weight didn’t creep back on, Beyoncé has one vegan meal a day.

The eating plan was recommended by Borges, who believes that a meat and dairy-free meal is a great way to get, “people to eat more greens than they normally would.”

And whenever she craves a crunchy snack, she ditches the chips and reaches out for something healthy like edamame beans, green apples or cucumbers sprinkled with vinegar, cayenne pepper and lemon.

Fierce discipline, regular explosive workouts

Fitting into tiny corsets and exposing your thighs in fish-net tights is a struggle for most women. Yes, even Beyoncé. Opening up to Shape Magazine just weeks before the start of her world tour, the singer revealed how difficult keeping in shape can be.

“I’m not a person that is naturally very thin. I am a person that has to work at keeping my body in shape,” she said.

But how does she manage to do that?

It’s thanks to her drive, determination and dedication, Borges said, also to Shape.

“We do a combination of cardio, calisthenics, resistance exercises and yoga. Whether she’s doing lunges, plies, reverse lunges or squats, she does 100 repetitions. When you do those sets, it is really an extension of your cardio, so you can sculpt muscles while building endurance. Beyoncé is really hardcore. She trains for 60 to 90 minutes, four to five days a week.”

She sweat and she ate lettuce. But never once did she give up her boobs, her hips or her bum in favour of skin and bone. She’s a healthy, happy working mama.



Beyoncé got back to her fighting weight for the upcoming world tour and her return to the world’s stage. GETTY IMAGES

You too can have those glutes

We did a mashup of Beyoncé’s amazing Super Bowl halftime performance moves, and came up with our dream celebrity workout

Mighty arms

If you want to push yourself further, try holding a microphone in each hand.



The hipster shake

If you can simultaneously head bob and swing your hips, you’ve nailed it.



Hip thrust

Take that, pelvic thrust. This is one badass Kegel exercise.



Grind squats

Hover over that floor like it’s hot.



Booty bumps

The aim is to make that bum bounce.





Owning company shares can show as extra income on your T5. ISTOCK IMAGES

Nasty T5 slip surprise?

A reader who owned 200 Kraft Foods shares received a nasty surprise when a T5 slip arrived showing nearly \$3,000 in U.S. dividend income.

Kraft Foods Group split into Kraft Foods and Mondelez International in October, 2012. Every 100 shares of Kraft turned into 100 of Mondelez and roughly 33 of Kraft. The Kraft shares are deemed to be a foreign dividend by the Canada Revenue Agency and taxed as ordinary income.

If you are in this situation, don't panic about suddenly having more income than expected.

"An election can be made under Section 86.1 of the Income Tax Act to exclude the deemed dividend from income," notes Winnipeg-based tax expert and author, Evelyn Jacks. "This election must be made in writing and sent to CRA."

"Indicate the number and cost base for the original Kraft Foods Inc. shares; and the shares received as a result of the spin-off. If you make the election to exclude the dividends, then the cost base of the post spin-off shares is based on the cost base of the original Kraft Foods Inc. shares. The cost base is allocated between the new shares according to the fair market value immediately after the spin-off." (Sign up for Jacks' free tax newsletter knowledgebureau.com)

So far so good, but now we must establish a cost base for the shares to report when and if they are sold.

Jacks comes to the rescue with a little math. Let's say the shares were purchased for \$20, \$4,000 in total for this reader. This is called the Average Cost Base, ACB. The Mondelez shares were trading at \$28 and the Kraft shares at \$45.42 per share,

post spin-off. Therefore the 200 Mondelez shares were worth \$5,600 and the 66 Kraft Foods Group shares came to \$2,997.72 US.

Take that \$4,000 ACB and allocate it like this:

Mondelez: $\$4,000 \times \$5,600$ divided by $(\$5,600 + \$2,997.72) = \$2,605.34$

Kraft: $\$4,000 \times \$2,997.72$ divided by $(\$5,600 + \$2,997.72) = \$1,394.48$.

Those are the new ACBs for the shares. If you sell half the Mondelez and half the Kraft in the future, adjust the cost base accordingly to report the capital gain or loss on your taxes. Stick the formula, and a few notes, in your investment file so you can reconstruct what you've done down the road. Now go take a headache remedy.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Five warning signs of card payment fraud

As more Canadian businesses begin to offer online shopping and online and mobile sales continue to grow, security experts point out that a few bad apples are also using the popularity of online shopping to scam merchants with stolen payment card information.

"The good news is business owners and their employees can play a crucial role in the fight against fraud and they already have the tools to recognize and stop online, mobile or phone purchases carried out with stolen card data," says Gord Jamieson, head of security for Visa Canada.

Jamieson notes that business owners can be at risk when a payment card is not physically present.

To help identify this type of fraud before it occurs, he recommends merchants watch for the following five warning signs when carrying out transactions without the payment card:



Are you a business owner? Do your part to fight fraud! ISTOCK IMAGES

• **Multiple purchases made with different cards, shipped to a single address**

This can indicate a batch of stolen payment card account numbers.

• **Multiple high value transactions made on the same card over a very short period**

of time

This can indicate an attempt to "run the card" until the account is closed.

• **Multiple purchases made on a card with a single billing address, shipped to many different addresses**

This may indicate organized criminal activity.

• **Online transactions with multiple cards but a single IP address**

This may indicate a batch of stolen cards being run from the same computer.

• **Multiple transactions in close succession with very similar account numbers**

This may indicate account numbers that have been generated using illegal software.

According to Jamieson, merchants or employees who come across any of these warning signs should request additional information from the cardholder. **NEWS CANADA**

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Resistance to change: Late night shows still shunning women, minority hosts

TV. As Jay Leno hands off to Jimmy Fallon, lack of diversity still there on late night

The role of female talk show hosts in late-night TV broadcast network history, all 50-plus years of it, can be summed up in two words: Joan Rivers. It takes just another two — Arsenio Hall — to do the same for minorities.

There's no indication that's going to change in the latest round of musical chairs involving Tonight and Late Night. All the NBC, ABC and CBS showcase jobs at 11:30 p.m. eastern and later appear likely to remain securely in white men's hands.

Jay Leno is handing off to Jimmy Fallon, with speculation tagging Seth Meyers as his likely successor. Meanwhile, David Letterman, Jimmy Kimmel, Craig Ferguson and Carson

Daly are sitting pretty, without the faintest drumbeat of a pair of advancing high heels to signal a threat.

There have been alternatives bandied about — Chelsea Handler, black comedian-writer Aisha Tyler — but no hints they or others are getting traction.

"In real life it seems to me that women have definitely shown themselves to be able to carry on a conversation," said Merrill Markoe, the Emmy-Award-winning writer who helped David Letterman create Late Night at NBC. "Women have exhibited an interest in talking for centuries. I'm not sure how it is that no one has seemed to notice."

NBC did not respond to requests for comment on the issue. But if belles du jour Tina Fey and Amy Poehler can excel at TV sitcoms and movies and teach Ricky Gervais a thing or two (or three) about hosting the Golden Globes, could they be queens of the night

with their own talk shows? Or maybe a Hispanic or Asian-American man could have a turn. We may miss out on a Jimmy Kimmel Live clip of a heavyset woman lifting her T-shirt, and the host then warning us, "I need to take a break. I'm going to throw up," but we might get other thrills.

Women and minorities have conquered other traditionally white male-dominated arenas, on and off TV — think anchorwoman Diane Sawyer, President Barack Obama — but in late-night even daring cable is content with the homogenized likes of Conan O'Brien, Jon Stewart and Stephen Colbert, with such occasional dashes as El's Handler, BET's Mo'Nique and TBS' now-gone George Lopez thrown in.

Rivers, who became host of Fox's The Late Show in 1986 after filling in as the sole regular guest host on Johnny Carson's Tonight, calls the lack of female hosts "beyond" frustrat-



Jay Leno, host of The Tonight Show with Jay Leno, left, and Jimmy Fallon, host of Late Night with Jimmy Fallon.
NBC/ANDREW ECCLES/THE ASSOCIATED PRESS

ing.

Blame the broadcast industry's resistance toward change and the risk of failure, she said: "Everybody is running so scared, and has always run scared."

And executives can find rea-

sons, or excuses, for keeping the status quo.

"They had surveys at NBC, and the surveys were that women would rather watch a man at night, which is what they're always throwing up in your face," Rivers said.

That's an argument that's still made, privately, in the industry: Women want to hear their pre-bedtime monologue jokes from a man, while Oprah Winfrey, Ellen DeGeneres and Katie Couric are welcome in daytime. **THE ASSOCIATED PRESS**

Are healthy couples happier couples?

NATALIE LAVOY-FURTADO
2life.io

Getting in shape isn't always easy, but it helps when you have constant motivation from your partner.

"My boyfriend was a huge help in terms of introducing me to a fit lifestyle and keeping me motivated," says Bianca Del Bois of Burlington, Ont., who used to live an unhealthy lifestyle but is now a healthy fitness guru.

For most couples, it really helps if both parties are into a

healthier lifestyle. "We do the same routines together, jog together and do some creative outdoor workouts," says Del Bois. Working out with your partner can be fun, but are healthier couples really happier couples?

"Without sounding biased, yes!" says Del Bois. "I've never been happier or healthier in a relationship before. We really motivate each other to reach our full potential."

Now training to compete for two bikini competitions in May



Couples who sweat together stay together. ISTOCK IMAGES

and June, Del Bois is always changing her diet and workout

to keep it fresh.

It sounds easy but it has

been hard work.

She finds that the improvements in her lifestyle have made this all worth it. "Physically I've increased stamina during cardio sessions, much more muscle definition and toning and an overall healthy appearance," says Del Bois.

Now people are so amazed by her hard work transformation that they go to her for help to achieve their fitness goals, so what advice does she have for us?

"The first steps to getting in

shape would be to adjust your eating habits and just start with 30 to 45 minutes of physical activity a day, whether it's cardio, weight training, or even a Zumba class."

She also showcases her hard work, healthy recipes, and gives advice on her Facebook page, YouTube channel, and blog.

Go to 2life.io to learn about our exciting new app for two coming soon, follow us @2lifeapp on Twitter





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DREAM BIG

The world is a faster-moving, more competitive place than ever before. It is smaller, too. If you want to compete — if you want to make money — you have to get a good education.

But that's nothing new, is it? The days when you could get ahead without post-secondary education of some kind are long gone. No matter what field you belong to, chances are you will have a certificate, diploma or degree on your resumé. That piece of paper isn't just your means of getting ahead, it's your means of getting started.

Luckily, colleges and universities in this country are there to help. More than ever, they are meeting students halfway — offering full-time, part-time, acceler-



ISTOCKPHOTO/THINKSTOCK

ated and even online delivery models to suit almost anyone's lifestyle, learning style, or schedule.

And their variety of offerings continues to grow. Universities are expanding their degree programs into new subject areas, reflecting a more multicultural, tolerant, technocratic society. Many colleges offer degree programs now, too, while maintaining the focus they have always

had on matching students with great jobs.

These schools aren't strictly for young people, either. Mature students, hoping to retrain, upgrade their skills or seek out new careers entirely, are being welcomed into programs designed with their needs in mind.

A good education remains our best way of finding the work we are meant to do — a career we are passionate about,

one that inspires us to keep improving and keep learning for the rest of our lives.

Post-secondary institutions of all kinds will be starting their spring and summer programs soon. One of those programs might be right for you. Do your research, ask questions and, most importantly, don't be afraid to dream big. Your educational journey is just getting started.

— Chris Edwards

CONQUER CHALLENGES WITH U OF TORONTO ITLP PROGRAM

If you are an internationally trained lawyer trying to adapt to Canadian legal practice, you face many challenges. The University of Toronto's internationally trained lawyers program (ITLP) can help you overcome them.

The ITLP offers four different programs: NCAR, for those needing help with NCA exams; BEPC, for those needing help with LSUC licensing exams; a comprehensive program, for those who need both academic support and Canadian legal experience; and a career program, for those who can manage their NCA exams, but need help developing their job-searching skills.

The career program made a big difference for Labiba Rukhsana. Born in Bangladesh, Rukhsana completed her legal education in the United Kingdom. She then immigrated to Canada, where she passed her NCA exams



UNIVERSITY OF TORONTO PHOTO

but could not find an articling job. By the time she graduated from the career program, she had one waiting for her.

"The career program provided me a set of tools and resources tailored to my needs," Rukhsana says. "It was a tremendous motivational force. I continue to benefit from it in my current search for an associate position."

ITLP students must be Canadian citizens, permanent residents, or convention refugees, and must have completed a law degree in their home country. To learn more, and how you can enrol, visit itlp.utoronto.ca.



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Roasted peppers, pine nuts, goat cheese make tasty trio



This recipe serves six. LORELLA VANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)



ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

I can never make enough of this simple salad.

In restaurants, roasted peppers are often marinated in oil, which adds calories and fat. Here I use only one tablespoon of olive oil — and the results are outstanding.

Red, yellow, and orange bell peppers contain an abundance of beta carotene and antioxidants, which help in the fight against cancer.

1. Slice roasted peppers in

Ingredients

- 6 bell peppers of various colours, roasted
- 1 tbsp olive oil
- 1 tsp balsamic vinegar
- 1/4 cup crumbled goat

Nutritional info

Per serving: 88 calories; 2.7 g protein; 4.9 g fat; 1.3 g saturated fat; 8.3 carbohydrates; 20 mg sodium; 2.2 mg cholesterol; 2.5 fibre

thick slices; arrange on platter.

2. Whisk oil and vinegar together in small bowl. Drizzle mixture over peppers.

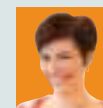
3. Sprinkle peppers with crumbled goat cheese, basil (or fresh parsley) and toasted pine nuts.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

- cheese
- 3 tbsp chopped fresh basil or parsley
- 2 tbsp pine nuts, toasted

Health Solutions

Rhubarb rights and wrongs



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Rosy red is the colour of spring; pick rhubarb while the cardinals sing.

Rhubarb is a wild vegetable that we treat culinarily as a fruit.

Not only is it loaded with B vitamins, if you go for the redder the stalks, there is more skin saving Vitamin A in your pie. To boot, this delicious delivery system of eye protection has everything your eyes are looking for: beta carotene, lutein and zeaxanthin.

Things NOT to do with rhubarb:

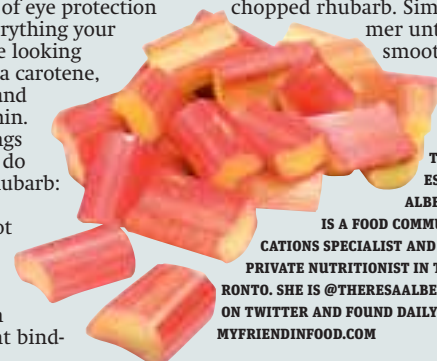
- Do not eat the leaves. They contain nutrient bind-

ing oxalic acid as well as poisonous glycosides.

- Do not ruin the low cal benefits by cooking with too much sugar; keep it tart.

- Do not store raw stalks at room temperature. Either store in fridge in plastic or chop and freeze immediately.

Here is the best cooking method to make a spread or pancake topping: Bring 1/4 cup orange juice to a boil; add 2 tablespoons of maple syrup, 1 tablespoon of sugar. Add 1.5 cups chopped rhubarb. Simmer until smooth.



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Sidekick for grilled meats: colourful salad

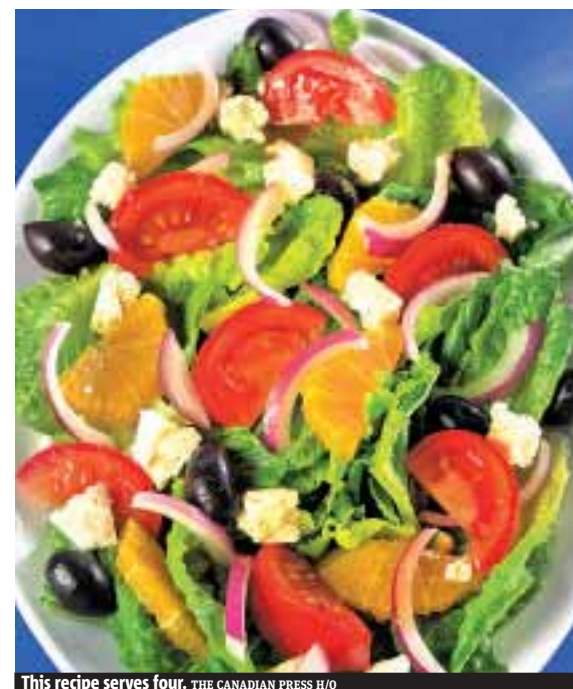
1. In a salad bowl, whisk together the orange juice, red wine vinegar, olive oil, sugar, salt and freshly ground pepper.

2. Add remaining salad ingredients and gently toss.

3. Divide among plates or serve on a large platter, en-

Ingredients

- 45 ml (3 tbsp) orange juice
- 30 ml (2 tbsp) red wine vinegar
- 45 ml (3 tbsp) olive oil
- 2 ml (1/2 tsp) sugar
- Salt and freshly ground black pepper, to taste
- 3 medium oranges, peeled, halved and sliced
- 175 ml (3/4 cup) crumbled feta cheese
- 20 to 24 whole black or green olives
- 2 ripe medium tomatoes, cut into small wedges
- 1.5 l (6 cups) chopped romaine lettuce
- 1 small red onion, thinly sliced



This recipe serves four. THE CANADIAN PRESS H/O

sure some of the oranges, cheese, olives, onions and tomatoes decorate the top.

THE CANADIAN PRESS/ EVERYONE CAN COOK EVERYTHING BY ERIC AKIS (WHITECAP, 2012)

Olympics

PM pleads with NHL to let its stars play in Sochi

Prime Minister Stephen Harper is urging NHL commissioner Gary Bettman to let the league's stars play in the 2014 Sochi Olympics.

Harper says he speaks for all Canadians who want to see the country's top players don the Maple Leaf at the Winter Games.

NHL players have been part of the Olympics since 1998 in Nagano, Japan.

The league is mulling whether it is worth shutting down its season for a few weeks to let its players take part in the 2014 Games.

THE CANADIAN PRESS

NHL

Crosby not yet ready for return

Lacing on hockey skates is going to have to wait. At this point, Sidney Crosby would settle for a meal that didn't require a straw.

The Pittsburgh Penguins star and his surgically repaired mouth remain on a liquid diet as he recovers from a broken jaw sustained in a win over the New York Islanders on March 30. The NHL's leading scorer remains sidelined indefinitely and has not been cleared to return to practice.

Crosby expects to meet with doctors later this week. "We'll see how it heals and it will be a process here the next little bit but I'm not too worried about the teeth," he said. "I'm worried about making sure I'm healed and hopefully that's sooner rather than later."

THE ASSOCIATED PRESS

Ovechkin comes full circle with Oates' trust

NHL. New coach and captain have Capitals surging towards another Southeast Division title

It seemed like a risky move. A first-time NHL head coach was going to try to persuade a two-time league MVP to take up a new position.

But something had to be done. Alex Ovechkin's recent numbers made him look like a stock gone bad, a valid analogy considering the Capitals aren't paying him nearly \$10 million annually through the rest of this decade to be a decent offensive player whose best years were already behind him.

The 27-year-old Russian's game had become so predictable and incomplete that, a year ago, he was getting benched by defensive-minded coach Dale Hunter, now back with the London Knights, late in games, particularly when the Capitals held a lead.

Enter Adam Oates, who moved Ovechkin from left to right wing and now has the Capitals — and Ovechkin — surging. Washington has taken over first place in the Southeast Division, and Ovechkin looks like the sniper of old, netting 16 goals in 14 games to move into a tie for the NHL's goal-scoring lead.

Quoted

"When you have that kind of feelings, you just want to go out there, play for your team, for your coach and do your best out there."

Alex Ovechkin on what it's like playing under new coach Adam Oates.



Alex Ovechkin was named the NHL's first star of the week on Monday after scoring seven goals and two assists over a four-game Capitals winning streak. JUSTIN K. ALLER/GETTY IMAGES

Sounds like the risky move has paid off.

"He never met me before," Oates said. "And I totally respect who he is, and what he's ac-

complished. And when you suggest something like that, it has to be a meeting of the minds and private conversations, and he had to trust me."

The Capitals' run of five consecutive playoff appearances was in danger of coming to an end after a 2-8-1 start. Oates said on Feb. 26 that his players were only about "60 to 70 per cent" along the way toward getting his system down pat.

Central to the turnaround

in March was Ovechkin, who is no longer relying heavily on the same familiar moves. He has 25 goals in 39 games. And there's no more limiting his minutes.

By Oates' reckoning, that's the kind of respect due to the captain of the team.

It's a vote of confidence Ovechkin did not get from Hunter last year.

"It's trust," Ovechkin said. "That's what I don't have last year." THE ASSOCIATED PRESS

Rangers roll past Knights with big first



Kitchener goalie John Gibson stopped 37-of-39 shots as the Rangers got back into the series with a 6-2 win over the Knights on Monday. AARON BELL/OHL IMAGES FILE

Josh Leivo had a goal and three assists to lead the Kitchener Rangers to a 6-2 win over the London Knights on Monday.

The Knights still lead the best-of-seven Western Conference semifinal series 2-1. Game 4 is on Wednesday in Kitchener.

Matia Marcantuoni, Frank Corrado and Ryan Murphy chipped in on the offence with a goal and an assist each, while Josh Sterk and Radek Faksa also scored for the Rangers. Tobias Rieder added three helpers.

Ryan Rupert and Alex Broadhurst replied for the Knights,

Game 3

6

Rangers

2

Knights

while Max Domi had a pair of assists.

Rangers goaltender John Gibson turned aside 37-of-39 shots for his fifth win in the playoffs, while London's An-

thony Stolarz was pulled after allowing four goals on 20 shots in 24:14 minutes. Jake Patterson came on in relief and allowed two goals in 18 shots.

Leivo started the scoring early at 4:53 of the first period with a one-timer on a Rangers' power play.

Sterk tacked onto the lead less than two minutes later after converting a pass on the doorstep, before Marcantuoni found an open net as the trailer on a 2-on-1 rush in the final 20 seconds of the first period.

THE CANADIAN PRESS

4 SPORTS

Chinese teenager Tianlang to get pro tutorial at Masters

Golf. 14-year-old turns heads upon historic arrival at Augusta

Guan Tianlang is in good company this week at Augusta National.

He played a practice round Monday with two-time Masters champion Ben Crenshaw, then headed out in the afternoon with Tiger Woods. He has a game lined up Tuesday with Tom Watson, an eight-time major champion. On Wednesday, he plans to play with Nick

Faldo, winner of six majors.

Can't he play with someone his own age?

Not at this Masters.

Guan is the 14-year-old from China, the youngest to ever play in the Masters and the youngest at any major in 148 years. He qualified by winning the Asia Pacific Amateur Championship last fall in Thailand, and now gets a crack at the best in the game on one of the most famous courses in the world.

Nerves? So far, only a big smile.

"I'm really excited in the morning when I come out on the course and there's many

people here," Guan said Monday, conducting his news conference in English with a Chinese translator at his side in case he needed help. He rarely did.

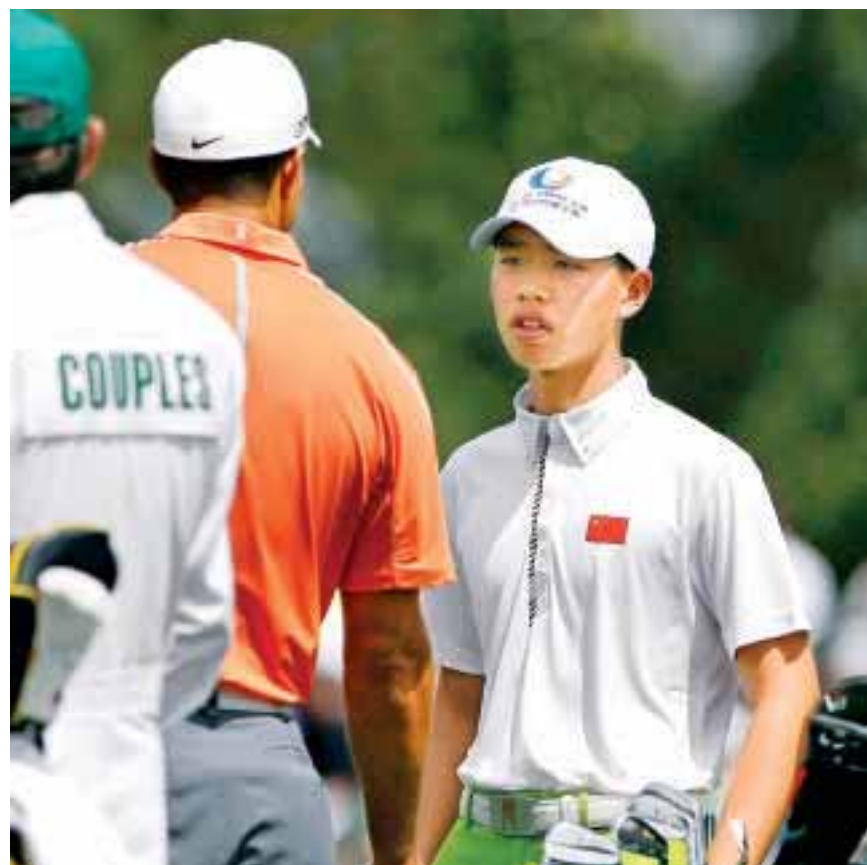
The kid has shown to be special in many ways.

He went wire-to-wire in the Asia Pacific amateur, and he wasn't even rattled as he calmly rapped in a five-foot par putt for the one-shot win on the final hole.

Even so, this is the Masters.

Guan is 14, the only player in the field who brought his eighth-grade homework with him to Augusta National.

"I knew he was young," Steve Stricker said Monday. "I didn't know he was the same age as my daughter. ... I just can't imagine being that young and competing at this level at such an early age. It will be interesting." **THE ASSOCIATED PRESS**



Tiger Woods, left, chats with 14-year-old amateur Guan Tianlang during practice ahead of the Masters, Monday, in Augusta, Ga. DARRON CUMMINGS/THE ASSOCIATED PRESS

Quoted

"It's frightening to think that he was born after I won my first Masters."

Tiger Woods when asked about 14-year-old Guan Tianlang at Bay Hill two weeks ago.

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Bruce Springsteen in Paris, France

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Horoscopes

Aries

March 21 - April 20

Your mind is full of brilliant ideas. What are you going to do with them? Don't just let them sit there doing nothing. Good ideas are like fertilizer, they need to be spread around so they can help people grow.

Taurus

April 21 - May 21

A new opportunity is about to come your way. Make sure you use it wisely. Yes, you will have to adapt to events that don't feel natural to you, but the effort will be worth it.

Gemini

May 22 - June 21

Someone will try to get you to tone down your opinions a bit today — and you must have none of it. The world needs to hear what you have to say.

Cancer

June 22 - July 23

You need to act tough today, even if you don't feel tough. Give employers and other important people an image of you that is strong and self-assured, even if that is far from what you actually feel.

Leo

July 24 - Aug. 23

This is a wonderful time for you, a time of exciting adventures and encounters. You certainly won't have any reason to complain that you are bored over the next 24 hours. If anything, there will be too much going on.

Virgo

Aug. 24 - Sept. 23

You have so many options that it may get a bit too confusing. What happens over the next two or three days will nudge you in the right direction. Any choice is a good choice.

Libra

Sept. 24 - Oct. 23

From the look of your solar chart, it would appear that someone is hoping you will say or do something they don't have the guts to say or do themselves. You don't mind.

Scorpio

Oct. 24 - Nov. 22

Don't stop to question why you are following a certain course of action. The fact that you have begun means you need to go all the way, regardless of whether your initial choice was right or wrong. Just do it.

Sagittarius

Nov. 23 - Dec. 21

You are proud of your openness to new ideas but one idea you encounter today may be a bit too much for you. Does it make you feel uncomfortable that an unpleasant belief may be true?

Capricorn

Dec. 22 - Jan. 20

It seems you have something to say that is likely to hurt the feelings of more sensitive sorts. Say it anyway because someone has to tell the truth.

Aquarius

Jan. 21 - Feb. 19

Spend time with friends today because they can help you get past the negative thoughts you've been having of late. You've done so much for them that they will jump at the chance to repay your kindness.

Pisces

Feb. 20 - March 20

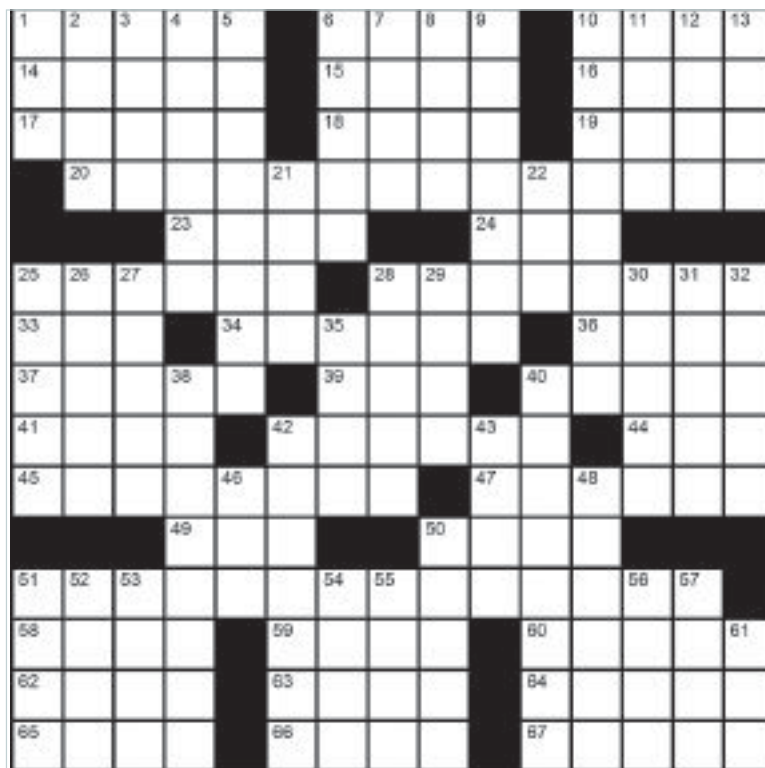
What happens today will make it clear where you stand with certain people and why your association is unlikely to last. Not all relationships stand the test of time. Move on to better things. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Cable news channel
- Cutting remark
- Gladiator's 451
- Standoffish
- Wing-shaped
- Iron, and others
- 1994 gold medal figure skater, Oksana

- Not wild
- Kind of lily
- Its slogan is 'Let's get moving.'
- Belgium neighbour, for short
- Anonymous surname
- corpus
- Canadian show
- Tracy Moore hosts
- Ms. Gardner
- Money, informally
- Top__ washer
- Court garbs
- Hit the jackpot
- Singer Ms. Braxton's
- Classic record label
- Livestock food
- 'Select' suffix
- Ancient strong guy
- Mimer Mr. Marceau
- "__ questions?"
- Flintstones pet
- Canadian-invented board game: 2 wds.
- Mystique
- Hot



- Becomes threadbare
- Make a scarf
- Above
- "Stand By Me" by Ben __
- 'Fin' finisher
- Longbow woods

- Was introduced to again, say

Down

- Fairy queen in literature
- __ on some paint
- 'Para' suffix ('I'm

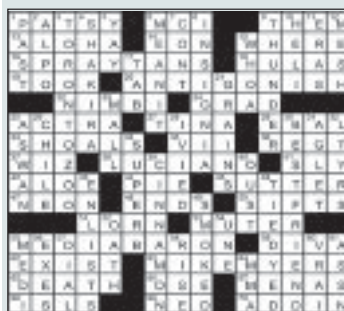
- being watched!" feeling)
- Matt Damon flick, "The __ Supremacy" (2004)
- Ti-Cats, Stamps and Bombers: 2 wds.
- Collection of stuff

- Jai __
- Incline
- Scope
- Diana Krall's musician hubby, Elvis __
- Three: German
- Toy building block
- Glenn Frey's "The

- Heat __": 2 wds.
- "Don't make __ complicated.": 2 wds.
- Not forthright
- Severe
- "Let's take __."
- Jean de Brunhoff's elephant
- Lummoxes
- "...__ my Anna-bell Lee..." - Edgar Allan Poe
- Ancient Greece column style
- Gullible
- Car named after Henry Ford's son
- "__ is me." (Sniff, sniff)
- Dig up
- Catch a connecting bus
- "...only __ / I don't know where my soul is..." - Nelly Furtado
- Title in Turkey
- Prefix to 'form' (Soldier's suit)
- Mickey of movies
- Garbage spots
- Accept
- Bits of vocal acrobatics
- Van Gogh flower
- Tardy
- Ship's front
- "__ to please!"
- England's Newcastle-upon-__
- Beatles' Pepper, e.g.

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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